

**HUBUNGAN AKTIVITAS FISIK DENGAN KADAR GULA DARAH
PENDERITA DIABETES MELITUS TIPE II
DI WILAYAH KERJA PUSKESMAS
SOLOKAN JERUK**

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ABSTRAK

Meningkatnya kadar gula darah pada pasien DM menjadi salah satu ancaman karena dapat menyebabkan berbagai komplikasi hingga kematian. Salah satu faktor yang membuat kadar gula darah pasien DM tipe II tidak stabil yaitu resistensi insulin akibat kurangnya aktivitas fisik. Tujuan penelitian untuk mengetahui hubungan aktivitas fisik dengan kadar gula darah penderita diabetes melitus tipe II di Wilayah Kerja Puskesmas Solokan Jeruk. Metode penelitian menggunakan analitik korelasi dengan pendekatan *cross-sectional*, sampel penelitian sebanyak 40 orang dengan teknik *total sampling*. Pengumpulan data menggunakan kuesioner PASE dan analisis data menggunakan uji *spearman rank*. Hasil penelitian diperoleh bahwa hampir seluruh pasien DM (82.5%) memiliki aktivitas fisik rendah, dan sebagian besar pasien DM (57.5%) merupakan kategori diabetes (kadar gula darah tinggi). Hasil uji statistik diperoleh nilai $p\text{-value}$ ($0.010 < 0.05$) yang berarti ada hubungan antara aktivitas fisik dengan kadar gula darah pasien DM tipe II di Wilayah Kerja Puskesmas Solokan Jeruk. Hal ini terjadi karena kurangnya aktivitas fisik menyebabkan kurangnya sensitivitas insulin sehingga kadar gula darah menjadi tinggi. Disarankan bagi petugas kesehatan agar lebih meningkatkan program-program aktivitas fisik bagi pasien DM yang dilakukan secara rutin sehingga dapat menjadi salah satu upaya dalam mengontrol kadar gula darah pasien DM.

Kata Kunci : Aktivitas Fisik, Kadar gula darah, Pasien DM
Kepustakaan : 15 buku (2016-2019)
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**THE RELATIONSHIP OF PHYSICAL ACTIVITY WITH BLOOD SUGAR
LEVELS IN TYPE II DIABETES MELLITUS PATIENTS
IN THE WORKING AREA OF THE PUSKESMAS
SOLOKAN JERUK**

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ABSTRACT

The increase in blood sugar levels in DM patients poses a threat because it can lead to various complications and even death. One of the factors that causes unstable blood sugar levels in type II DM patients is insulin resistance due to a lack of physical activity. The aim of the research is to determine the relationship between physical activity and blood sugar levels in patients with type II diabetes mellitus in the working area of Solokan Jeruk Health Center. The research method used was correlational analytics with a cross-sectional approach, with a sample size of 40 people using total sampling technique. Data collection used the PASE questionnaire and data analysis used the Spearman rank test. The research results showed that almost all DM patients (82.5%) have low physical activity, and the majority of DM patients (57.5%) fall into the diabetes category. (kadar gula darah tinggi). The results of the statistical test obtained a p-value ($0.010 < 0.05$), which means there is a relationship between physical activity and blood sugar levels in type II DM patients in the working area of the Solokan Jeruk Health Center. This occurs because a lack of physical activity leads to reduced insulin sensitivity, resulting in high blood sugar levels. It is recommended for healthcare workers to enhance physical activity programs for DM patients that are conducted regularly, as this can be one of the efforts to control blood sugar levels in DM patients..

Keywords : Blood Sugar Levels, DM Patients, Physical Activity
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